

Baked Sweet Potatoes

Baked sweet potatoes are a delightful dessert. Sweet potatoes can be baked whole, or sliced, with lots of butter and brown sugar. Another option is to slice and bake them as chips. Sweet potato fingerlings can be washed and baked or grilled whole. Giant sweet potatoes are difficult to chop while raw. They do take a while to bake to fully done. Baking softens them so they are easier to slice and eat. Growing sweet potatoes is easy. Sweet potatoes continue to grow after a partial harvest, as long as part of the vine is still rooted to the ground.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Brown sugar (diabetics)

Spices

Sweet potato

Meatless Preparation Avoid:

Butter

Substitute with: _____

Utensils:

Chopping board

Fork

Knife

Pot holders

Spoon

Pan: 2 quart round oven safe pan.

Ingredients:

Meat: None

Vegetables:

Sweet potato

Other ingredients:

2 tablespoons brown sugar

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place sweet potato in 2 quart oven safe pan.
2. Slice one line long ways and a few short ways on the potato.
3. Add:
 - 2 tablespoons brown sugar
 - 1 tablespoon of butter
 - Dash of salt
 - Spices, such as pepper, to taste
4. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on size of potato. Fist sized potato about 1 hour.

Servings: 1 to 2

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.